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NUTRITION COMMITTEE NEWS

For exchange of information on nutrition education and school lunch activities.

Vol. 1 No. 1 May 1951 Washington, D.C.

Reserve

TENTH ANNIVERSARY NUMBER OF THE NATIONAL NUTRITION CONFERENCE

This month marks the tenth anniversary of the National Nutrition Conference held May 26-28, 1941. This issue lists some important national and international events since 1940 and summarizes the types of activities carried on by nutrition committees in 1941 and 1951, as they have been reported to us. In the June issue some of the important nutrition developments from 1941 to 1951 will be described. Details about State activities will be found in previous issues of the *Nutrition News Letter*.

AUG 27, 1951

IMPORTANT EVENTS—1940-1950

• **1940.**—Coordination of nutrition activities among Federal agencies stimulated by appointment by the Council of National Defense of a Consumer Commissioner to coordinate health and welfare activities.

Two types of interagency nutrition committees whose membership changed with need during the decade were formed—one to develop broad policies and programs and another to coordinate Federal, State, and local programs.

White House Conference on Children in a Democracy gave attention to every aspect of child welfare, including home life, material security, education, health, and preparation for the responsibilities of citizenship.

Refresher courses for nutrition-trained homemakers qualified a large number of teachers and other leaders to give nutrition courses for lay persons.

Food and Nutrition Committee (later Food and Nutrition Board) and Food Habits Committee established by National Research Council (NRC), a nongovernmental group advisory to Federal agencies. Committees created to promote and evaluate research in various sciences relating to food and nutrition and to promote application of knowledge in these fields to public policy and public health.

• **1941.**—"Recommended Daily Allowances for Specific Nutrients," issued by Food and Nutrition Committee, NRC, as a guide to food selection for good nutrition of persons differing in age and activity. "Planning Diets by the New Yardstick of Good Nutrition," giving quantities of food that would furnish the recommended allowances for nutrients published by the Bureau of Home Economics (now Bureau of Human Nutrition and Home Economics, BHNHE).

National Nutrition Conference for Defense called by the President to promote a national nutrition program.

Nutrition News Letter, published monthly as a channel of intercommunication for nutrition committees, begun by Office of the Coordinator of Health, Welfare, and Related Defense Activities.

Office of Defense Health and Welfare Services (ODHWS) established by Executive Order under direction of the Federal Security Administrator, and among other things made responsible for coordinating Federal nutrition services to State and local communities. Later became part of Federal Security Agency (FSA).

Cooperating Committee on School Lunches (later Interagency Committee on School Lunches) organized as an advisory body to the Commissioner of Education, Office of Education, Department of the Interior.

Standards for enrichment of white flour officially promulgated by Food and Drug Administration.

"Rice conversion process"—parboiling before hulling to facilitate processing and to diffuse the vitamins through the rice grains—patented.

New Name—Same Purpose

With this issue the NUTRITION NEWS LETTER becomes the NUTRITION COMMITTEE NEWS. The new name more nearly reflects the function of this periodical, which primarily is to provide for exchange of information about activities of Federal, State, and local nutrition committees.

First National Garden Conference called by Secretary of Agriculture and Director of ODHWS, emphasized more farm, home, and school gardens and stressed vegetables yielding best nutritive returns for space and effort.

● 1942.—Enrichment laws for white flour and bread and for margarine, each passed first by South Carolina and second by Louisiana.

Nutrition clinics to study the nutritional status and diets of population groups conducted by ODHWS in cooperation with State Health Departments and State Nutrition Committees. Findings used as basis for State programs.

The Nutrition Foundation organized by food industries to develop and support a nutrition research and education program. Started *Nutrition Reviews*, a monthly review of current nutrition research.

Food rationing begun to distribute food supplies more equitably—sugar first; later extended to meats, fats, and processed fruits and vegetables.

“Food for Freedom” campaign set goals to increase agricultural production and improve nutrition.

Block leader system developed by which trained lay leaders relayed to consumers information on food rationing, plentiful foods, and good nutrition, as part of Civilian Defense Program.

● 1943.—Technical Advisory Program on in-plant feeding covering equipment, menus, personnel problems, and educational materials set up in Nutrition Division of ODHWS.

Nutrition Division transferred from FSA to U. S. Department of Agriculture (USDA)—first to War Food Administration (WFA), then to Production and Marketing Administration (PMA) and later to BHNHE.

Home-economics-trained executive secretaries to serve State nutrition committees requesting their appointment, and five regional nutritionists to serve as consultants provided by WFA.

Under the Food Production War Training Program, school-community canneries were constructed and equipped to provide facilities for vocational courses in production, conservation, and processing of foods for family and school use.

War Food Order (WFO No. 1) issued requiring nationwide enrichment of white bread and rolls.

Enrichment of corn meal and grits bill enacted in South Carolina first and Alabama second.

International conference at Hot Springs, Va., considered the goal of freedom from want in relation to food and agriculture. The conference recommended the establishment of an Interim Commission until a permanent Food and Agriculture Organization (FAO) could be created.

● 1944.—National nutrition workshop for staff members of teacher-education institutions sponsored by U. S. Office of Education in cooperation with WFA Nutrition Division and Indiana State Teachers College at Terre Haute.

National Conference on Food Preservation sponsored by USDA brought together experts in education, industry, and research to set up safe methods for preserving food at home.

The Council of State Governments adopted flour and bread enrichment as part of their legislative program.

National Nutrition Month celebrated in September. Better breakfasts and lunches emphasized.

● 1945.—The United Nations, founded to maintain international peace and security, also provided for the creation of specialized agencies to promote higher standards of living, international cultural and educational cooperation, and other economic, social, and health progress and development.

Constitution of FAO signed by 34 governments at first conference, Quebec, Canada.

United Nations Educational, Scientific, and Cultural Organization (UNESCO) established to spread knowledge and understanding among peoples and to identify and combat the prejudices and ignorance which hinder friendly relations among peoples and nations.

● 1946.—United Nations International Children's Emergency Fund set up for relief and rehabilitation of children in war-torn countries. Later extended to other countries.

World Health Organization (WHO) created as a world-wide intergovernmental organization within the United Nations to work for the attainment by all people of the highest possible level of health.

WFO No. 1 revoked; 19 States plus Puerto Rico and Hawaii had laws requiring enrichment of white flour and bread; now there are 26 States. In other States, bread and flour are often voluntarily enriched.

National School Lunch Act signed by the President. Provides assistance to States for establishing, maintaining, operating, and expanding school lunch program.

School Food Service Association created by merger of National School Cafeteria Association and Conference of Food Service Directors.

Selected nutritionists from several sections of country called together to assist the Famine Emergency Committee which was set up to review the world and United States food situations.

- 1948.—National Health Assembly recommended a broad national and international nutrition program.

- 1949.—Joint FAO/WHO Expert Committee on Nutrition created to promote close collaboration of the two international agencies in fields of nutrition of mutual concern.

Institute of Nutrition for Central America and Panama established by Pan American Sanitary Bureau with cooperation of Kellogg Foundation to work on composition and nutritive value of native foods, nutrition surveys, training of graduate students, and related projects.

"Food and People" chosen as a topic for world-wide discussion by UNESCO.

National School Lunch Workshop at Ames sponsored by Iowa State College, PMA, BHNHE, U. S. Office of Education, and Millers National Federation.

- 1950.—Interagency Committee on School Lunches and Interagency Nutrition Planning Committee merged into Interagency Committee on Nutrition Education and School Lunch (ICNESL).

National Conference on Aging examined special problems of health (including nutrition), housing, and recreation that older people face.

Midcentury White House Conference on Children and Youth considered the mental, emotional, and spiritual development of children and the physical, economic, and social conditions necessary to this development.

NUTRITION COMMITTEE ACTIVITIES—1941 AND 1951

Resume of State Nutrition Committee Activities

Most State nutrition committees were organized in 1940-41 at the call of the president or dean of home economics of the State land-grant colleges and universities. Among those with earlier dates are—Oregon, 1924; South Dakota, 1935; North Dakota, Minnesota, Hawaii, 1936; New York, 1937; and Utah, 1939. By May 1941, when the first meeting of State chairmen was held during the National Nutrition Conference for Defense, nutrition committees had been set up in all States, Hawaii, Puerto Rico, and the District of Columbia. In addition, there were county and local committees—2,600 of them by December 1941.

At present (May 1951) nutrition committees are active in 36 States as well as in Puerto Rico, New York City, and Chicago, according to communications from chairmen. In addition a number of county and other city committees are still serving their communities.

Nutrition committees or councils always have tried to coordinate nutrition activities in their States or communities by—

Affording member agencies an opportunity to become familiar with the nutrition work of each other.

Reviewing the nutrition situation in the State and deciding most urgent needs.

Organization for defense prompted many of the projects sponsored by nutrition committees. In 1951, as in 1941, committees are concerned with planning for emergency feeding in cooperation with Civil Defense organizations, improving meals for industrial workers, and promoting gardens and food preservation. Making use of recommendations of the White House Conferences on Children and disseminating information about how to choose a good diet have continued to be important. The progress made during the decade on food preservation, enrichment, school lunches, and other projects will be reported in the June issue.

Nutrition committee activities cover a wide range in 1951. They include—

Improving quality and increasing quantity of *safe milk* available (S. Dak., Wyo.).

Promoting the use of *nonfat dry milk* by arranging for its importation and improved marketing, and conducting an intensive educational campaign on its use (P. R.); preparing educational materials (N. J., Oreg., P. R., Chicago); demonstrating its use to unemployed agricultural workers (Calif.).

Encouraging use of *high quality protein foods* (Ark.).

Acquainting the public with an *improved bread* containing nonfat dry milk, soy flour, and wheat germ (N. Y.).

Urging the *planting* of vitamin-rich calabaza (squash) and fruit trees *along roads* for free use by the public (P. R.).

Developing economical *food plans* for low-income families (Del., Iowa, Oreg., Wash., New York City).

Counteracting *food fads and misinformation* by spreading correct dietary information through leaflets and other educational materials (N. J., Utah).

Publicizing or endorsing the statement against the *sale of candy and carbonated beverages in schools* made by the American Medical Association's Council on Foods and Nutrition (Conn., Ga., Ill., Ohio).

Stressing *dental health* in relation to nutrition (Conn., Ind., W. Va.).

Giving special attention to food for older folks (Ga., N. J., Pa., Utah).

Arranging *nutrition conference* for school dentists and physicians to consider criteria for judging nutritional status (Conn.).

Holding *workshops, institutes and courses* on nutrition, nutrition education, and school lunch (most States).

Improving nutrition teaching in schools (most States).

Federal Nutrition Committees

As in the States, nutrition activities of Federal agencies continue to be coordinated by committees. In 1941 the Nutrition Advisory Committee to the Coordinator of Health, Welfare, and Related Defense Activities, made up of representatives of Federal and national agencies interested in nutrition, planned the National Nutrition Conference for Defense. In this conference, Federal, State, and local workers in nutrition and related professions and key lay persons gave a dramatic demonstration of coordination in discussing problems, drafting

recommendations, and planning a revitalized National Nutrition Program.

The Interdepartmental Nutrition Committee, made up of representatives of Federal and national agencies concerned with nutrition, was set up to coordinate nutrition programs among Federal agencies. It cooperated in all defense enterprises concerned with nutrition and prevented duplication of effort and materials.

Notable among the educational materials the committee fostered was the nutrition chart with the slogan and symbol which later became the Basic 7 chart. Other early efforts dealt with food enrichment, preservation, and conservation, rationed foods, and community and home gardens. The Cooperating Committee on School Lunches, an interagency advisory group to the Commissioner of Education, devoted itself to the coordination of school lunch programs, including school gardens.

In 1951, the Interagency Committee on Nutrition Education and School Lunch (ICNESL) is the active coordinating committee. This committee gives members an opportunity to become familiar with each other's programs and make decisions on a broader basis than they could as individual agencies. Member agencies having field staffs provide a way to reach people working with problems of nutrition education and school lunch in the States. As staff members travel for their own agencies, they help to maintain liaison with State committees.

The Committee has prepared "A Selected List of Nutrition and School Lunch Materials" which includes nontechnical materials issued by member agencies. Among other current projects, the committee is reviewing research that evaluates the methods and effects of nutrition education and school lunch programs; giving consultant service on *Nutrition Committee News*; considering ways of helping in the foreign trainee program; and studying the need for additional educational materials.